



## Burlington Infant School PSHE/RSHE Long Term Plan



	Autumn 1.1	Autumn 1.2	Spring 2.1	Spring 2.2	Summer 3.1	Summer 3.2
<b>Reception</b>	<p><b>Keeping Safe:</b> Playground Safety</p> <p>Golden Rules, class promises LWW: Belonging to Groups</p> <p><b>Mental Wellbeing:</b> Identify Emotions Daily Calm Kids Meditation</p> <p><b>Caring Friendships:</b> What is a friend?</p>	<p><b>Keeping Safe:</b> Road Safety Bonfire Night Safety</p> <p><b>Respectful Relationships:</b> Showing Kindness Identify Differences/Similarities Super Me! Identifying Strengths</p> <p><b>Odd Socks Day—Celebrating Differences</b></p> <p><b>Ongoing Mental Wellbeing</b></p>	<p><b>Keeping Safe:</b> Railway Safety</p> <p><b>Internet Safety &amp; Harms</b> How to Stay Safe Online</p> <p><b>New Year Goals and aspirations</b> What is a new years resolution?</p> <p><b>Ongoing Mental Wellbeing</b></p>	<p><b>Keeping Safe:</b> Indoor Safety Food Hygiene</p> <p><b>Health and Prevention</b> Dental Hygiene Healthy Eating</p> <p><b>Mental Wellbeing</b> Link physical health to mental wellbeing</p>	<p><b>Keeping Safe:</b> Sun Safety</p> <p><b>Families &amp; People Who Care for Me:</b> What is a family? Families Love &amp; Care Are families all the same?</p> <p><b>Ongoing Mental Wellbeing</b></p>	<p><b>Keeping Safe:</b> Sea Safety Outdoor safety</p> <p><b>Economic Wellbeing:</b> Identify jobs: People who help us</p> <p><b>Mental Wellbeing</b> Coping with change Transition Activities</p>
<b>Year 1</b>	<p><b>Keeping Safe:</b> Playground Safety</p> <p>Golden Rules, Class Promises LWW: Belonging to Groups</p> <p><b>Caring Friendships:</b> Friendship Qualities Emotions Linked to Friendship</p> <p><b>Being Safe</b> Keeping Safe Team Where, Who and How to Access Help and Support How to call 999</p> <p><b>Mental Wellbeing</b> Recognise &amp; Manage Emotions</p>	<p><b>Keeping Safe:</b> Road Safety Bonfire Night Safety</p> <p><b>Respectful Relationships:</b> Show Kindness Respect differences Resolve conflict Anti-bullying Appropriate Boundaries</p> <p><b>Mental Wellbeing</b> Mindful Moments—Learn Calming Strategies Cosmic Kids Yoga—Learn Calm Actions Super Me! Identifying Strengths</p> <p><b>Odd Socks Day—Celebrating Differences</b></p>	<p><b>Keeping Safe:</b> Railway Safety</p> <p><b>Online Relationships</b> Respecting others online Recognising Risks Rules of Keeping Safe</p> <p><b>Internet Safety &amp; Harms</b> Where and How- Report Concerns Impact of Our Actions</p> <p><b>Respectful Relationships</b> Anti-racism Skin the same as you Accept Different faiths &amp; beliefs Chinese new year</p> <p><b>Mental Wellbeing</b> Children's Mental Health Week New Year Goals and aspirations</p>	<p><b>Keeping Safe:</b> Indoor Safety Food Hygiene</p> <p><b>Health and Prevention</b> Healthy eating Physical health &amp; fitness Dental hygiene Personal Hygiene Hand Washing Dangers to Health</p> <p><b>Mental Wellbeing</b> Link physical health to mental wellbeing</p>	<p><b>Keeping Safe:</b> Sun Safety Keep safe from others (Consent)</p> <p><b>Families &amp; People Who Care for Me:</b> Characteristics of healthy family life Respecting differences between families How families make you feel</p> <p><b>Caring for the environment</b> Personal responsibilities</p> <p><b>Mental Wellbeing</b> Develop a larger bank of strategies for feeling calm Positive thoughts</p>	<p><b>Keeping Safe:</b> Sea Safety Outdoor safety</p> <p><b>Economic Wellbeing:</b> What is money used for? <b>Identify jobs:</b> People I know People who help us When I grow up...</p> <p><b>Mental Wellbeing</b> Personal growth Achievements this year Feeling proud Coping with change Transition Activities</p>
<b>Year 2</b>	<p><b>Keeping Safe:</b> Playground Safety</p> <p>Golden Rules, Class Promises LWW: Belonging to groups</p> <p><b>Caring Friendships:</b> How to be a good friend Healthy Positive Friendships</p> <p><b>Being Safe</b> Keeping Safe Team Where, Who and How to Access Help and Support How to call 999</p> <p><b>Mental Wellbeing:</b> Recognise &amp; Manage Emotions Supporting Each Other</p>	<p><b>Keeping Safe:</b> Road Safety Bonfire Night Safety</p> <p><b>Respectful Relationships:</b> Show Kindness &amp; respect Respect &amp; embrace differences Resolve conflict, linked emotions, When to ask for help Anti-bullying Appropriate Boundaries</p> <p><b>Mental Wellbeing</b> Super Me! Identifying Strengths Mindful Moments—Learn Calming Strategies Cosmic Kids Yoga—Learn Calm Actions</p> <p><b>Odd Socks Day—Celebrating Differences</b></p>	<p><b>Keeping Safe:</b> Railway Safety</p> <p><b>Online Relationships</b> Respecting others online Recognising Risks How Information is Shared Rules of Keeping Safe</p> <p><b>Internet Safety &amp; Harms</b> Where and How- Report Concerns Impact of Our Actions Is Information Reliable? Impact on Mental Health</p> <p><b>Respectful Relationships</b> Anti-racism Skin the same as you Accept Different faiths &amp; beliefs Chinese New Year</p> <p><b>Mental Wellbeing</b> Children's Mental Health Week New Year Goals and aspirations</p>	<p><b>Keeping Safe:</b> Indoor Safety Food Hygiene</p> <p><b>Health and Prevention</b> Healthy eating Physical health &amp; fitness Dental hygiene Personal Hygiene Hand washing Dangers to health Medicines and Vaccines</p> <p><b>Mental Wellbeing</b> Link physical health to mental wellbeing</p>	<p><b>Keeping Safe:</b> Sun Safety Keep safe from others (Consent)</p> <p><b>Families &amp; People Who Care for Me:</b> Characteristics of healthy family life Respecting different families (Love &amp; care not named roles) How families make you feel How to ask for help / advice if needed</p> <p><b>Caring for the environment</b> Personal responsibilities</p> <p><b>Mental Wellbeing</b> Develop a larger bank of strategies for feeling calm Positive thoughts</p>	<p><b>Keeping Safe:</b> Sea Safety Outdoor safety</p> <p><b>Economic Wellbeing:</b> Earning money—Local jobs Skills and interests Spend or save Wants or needs</p> <p><b>Mental Wellbeing</b> Personal growth Achievements this year Growing and changing bodies Coping with change Transition Activities</p>